



Student Notes

OFFICIALS
EDUCATION



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RULE 5: PERSONAL FOULS

MEN'S OFFICIALS DEVELOPMENT | 2025 SEASON

PERSONAL FOULS




WHAT DOES THE RULEBOOK SAY?

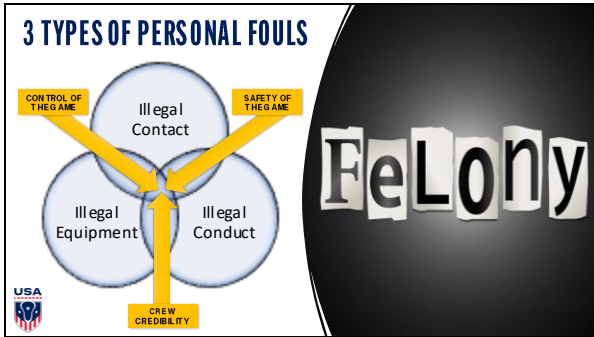
Rule 5: Section 1

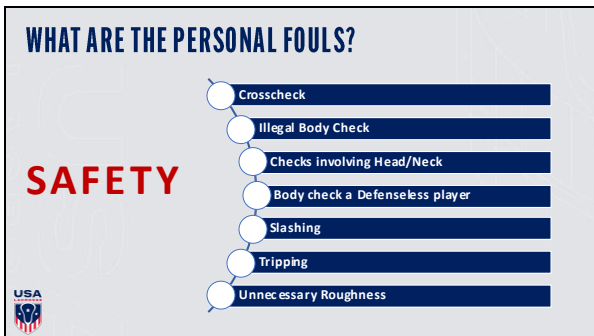
- "Personal fouls are those of a serious nature: illegal body checking, slashing, cross checking, tripping, unnecessary roughness, unsportsmanlike conduct, checks involving the head/neck, and the use of illegal crosse and or illegal equipment."

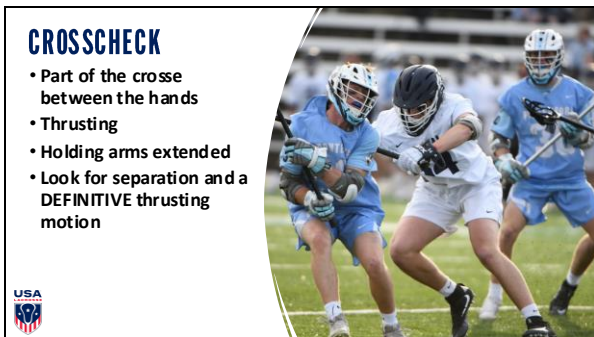





Student Notes









Student Notes

CROSSCHECK VIDEO

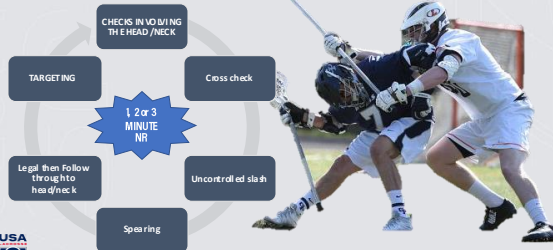


ILLEGAL BODY CHECK

- More than 5-yards from loose ball
- From the rear or below the waist
- Player on the ground
- Can still be 1-Minute



CHECKS INVOLVING THE HEAD/NECK





Student Notes

CHECK TO HEAD/NECK AREA VIDEO



CHECK TO HEAD/NECK AREA VIDEO



CHECK TO HEAD/NECK AREA VIDEO





Student Notes

DEFENSELESS PLAYER

- Blind side with & without possession
- Head down on loose ball
- **MUST** be a 2-Minute or 3-Minute Penalty
- You **CANNOT** "bring this down" to a 1-minute if you use the words "Defenseless"



DEFENSELESS PLAYER VIDEO



TARGETING

- Blind side with & without possession.
- Head down on loose ball
- **MUST** be a 3-minute, non-releasable foul
- Should be discussed as a crew





Student Notes

TARGETING VIDEO



SLASHING

- Swinging with viciousness or reckless abandon
- Striking an opponent in the head, back, leg



SLASHING VIDEO





Student Notes

SLASHING VIDEO

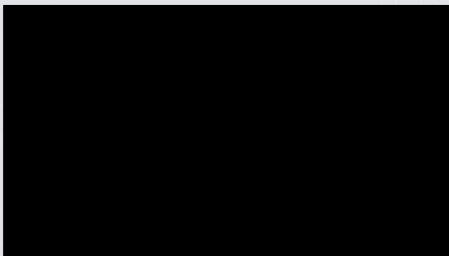


TRIPPING

- Obstructing below the waist with POSITIVE PRIMARY action.
- Doesn't have to be intentional, most are not!
- Usually happens after a missed check and the follow-through
- Also happens when feet get tangled
- Would he have gone down without "help"?



TRIPPING VIDEO

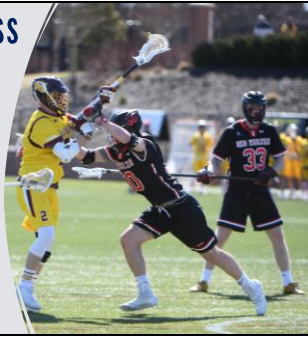




Student Notes

UNNECESSARY ROUGHNESS

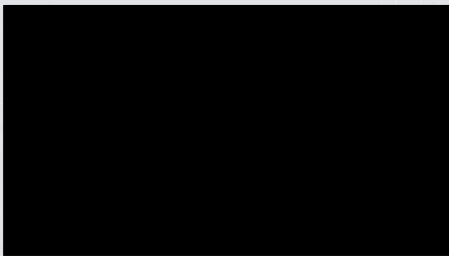
- Excessively violent holding and pushing infractions
- Defensive player violent contact with screening opponent
- Avoidable deliberate violent contact
- Punching blows



UNNECESSARY ROUGHNESS - LATE HIT VIDEO



UNNECESSARY ROUGHNESS - RUNNING THROUGH A PICK





Student Notes

ILLEGAL CONDUCT

• Unsportsmanlike Conduct

- Remember the ladder
- Possession
- 30-Second Conduct
- 1-Minute U.S.C.
- Ejection

• Fighting

- Automatic Ejection
- 3-Minute Penalty (in-home)



COACH BEHAVIOR



PLAYER BEHAVIOR

- Control Player to Player Interactions
- Trash-talking
- Language
 - Teammates
 - Opponents
 - You!
- Race and Gender



Class Discussion Questions





Student Notes

TEAM BEHAVIOR



CAPTAINS CAN HELP DEFUSE SITUATIONS

ALL WARNINGS ARE TEAM WARNINGS



OTHER PERSONAL FOULS

- Illegal Crosse & Equipment
- Gloves must completely cover the hands
 - Note: Mouthpiece violation is technical foul
- Certain Illegal Behavior:
- Grabbing ball or opponent crosse in face off



PENALTY ENFORCEMENT

- 1, 2 OR 3 MINUTES
- AFTER END OF PERIODS
- RELEASABLE/ NON-RELEASABLE
- FOULING OUT
- EJECTIONS





Student Notes

PREVENTING PERSONAL FOULS

Pre-game communication with Captains.

- It's ok to ask questions.
- It's not ok to yell and scream.

In game Communication with Players

- It's ok to explain to players what they did wrong, so they don't do it again.



BE AWARE OF "FLASH POINTS"

- After Goals!
- Around the Crease!
- Stop pages of Play!
- Player Movement!
- Substitution!
- After a BIG HIT!



SITUATIONAL AWARENESS

- Feel the momentum shift!
- Big Long Loose ball scrums!
- Those first 5 minutes!
- After Big Hits!
- The Crowd Goes Wild!
- Near the Lines!





Student Notes

KAHOOT!

GAME-STYLE LEARNING

Kahoot! is a digital learning platform that uses quiz-style games to help students learn by making the information engaging in a fun way.

As one of the biggest names in quiz-based learning, it's impressive that Kahoot! still offers a free-to-use platform, which makes it highly accessible for teachers and students alike. It's also a helpful tool for a hybrid class that uses both digital and classroom-based learning.

The cloud-based service will work on most devices via a web browser. That means this is accessible for students in class or at home using laptops, tablets and smartphones.



KAHOOT INSTRUCTIONS

PLAYERS

- On your smartphone, tablet or laptop, go to www.kahoot.it
- Wait for the instructor to give you the **Game Pin**
- Enter your first name and last initial **ONLY**

INSTRUCTORS

- A Kahoot account can keep track of results, otherwise, you can play without an account
- <https://create.kahoot.it/auth/login>
- Create a free BASIC account (up to 50 users) or paid PRO account (up to 100 users)
- Click on the link below
- Game will open in an internet browser window



[USA Lacrosse Officials Development Program - PERSONAL FOULS : RULE 5](#)

